



THE Bearspaw BEAT



*Happy
Valentines Day*

Councillor's Report



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In Our Community

Article Submissions

In order to continue to feature locally focused stories of



interest to your community, we need you, the readers, to send us articles and suggestions on The Bears paw Beat.

Do you want to thank a neighbour or recognize a contribution to your community? Have you or someone you know done something exciting that you think others would like to read about—such as a great trip? Do you have an interesting story about growing up in Bears paw? Then, we want to hear from you!

Article Guidelines:

- Articles must be e-mailed to: thebeat@bears pawlc.org by the 5th of each month for publication in the following month's issue;
- Articles should be between 200 to 450 words in Microsoft Word format; images in jpeg format at a resolution of at least 300 dpi;
- Articles cannot promote a particular company or product to the exclusion of others, or include logos or contact information;
- Article credit may include the contributor's name and general description of expertise; and
- The editor reserves the right to edit articles before publication without getting approvals from the author.

Thank you!

Karla Smit

Disclaimer:

The Editorial staff reserve the right to edit submissions to the Bears paw Beat.

Notice To Our Members

All BGCA memberships expired **March 31, 2015**. 2015/2016 membership fees are now due. To purchase your membership online, please follow the steps below. If you prefer to register in person, please stop by the BLC offices Mon. to Fri. from 9:00 a.m. - 4:30 p.m.

2015/2016 Membership Fees:

Family Membership (Resident) \$40.00
 Associate Membership (Non-resident) \$45.00
 Adult Membership (18+) \$20.00
 Senior Membership (55+) \$10.00

To purchase online visit: www.bears pawlc.ca

1. Choose Registration
2. Select Browse Activities
3. Select Membership from the Activity Type drop down menu

If you have any questions, please contact Kim at (403) 239-1502 ext: 100

Bearspaw Lifestyle Centre Programs & Events

Please register online at
www.bearspawlc.ca. A valid BGCA
membership is required to
register for all programs



Adult

55+ Core & More: Designed with hip and knee friendly movements. You will begin with a gentle warm-up followed by a bit of strength, balance and stretch. Our goal is to strengthen the core, maintain bone health and have some fun at the same time. Not too difficult, not too easy, just right, and your body will thank you. Please bring a water bottle and yoga mat.

Jan. 12 – Mar. 31.

Tues. & Thu. 8:30 a.m. – 9:15 a.m.

- 24 sessions (Tues. & Thurs.) \$207.00 + GST
- 12 sessions (Tues.) \$108.00 + GST
- 12 sessions (Thurs.) 108.00 + GST

Adult Badminton—Intermediate Skill Level and Up:

Jan. 4 – Mar. 30 (no class Feb 15, Mar 28)

Mon. & Wed. 8:00 p.m. – 11:00 p.m.

- 24 sessions \$120 + GST
- 13 sessions (Wed.) \$65.00 + GST
- 11 sessions (Mon.) \$55.00 + GST

Hatha Yoga: Yoga has helped people overcome fears, develop better concentration and improved daily functioning. Others have experienced improved self-awareness, a deeper sense of well-being, deeper compassion, greater self-acceptance, and a sense of being at peace.

Jan. 13 – Mar 31.

Wed. & Thurs. 9:00 a.m. – 10:30 a.m.

- 24 sessions \$379.50 + GST
- 12 sessions (Wed. or Thurs.) \$198.00 + GST
- 5x punch pass \$ 105.00 + GST

Kickboxing: Come join Christina James, seasoned Muay Thai Fighter with 14 years of experience! Kickboxing classes are a great way to get in shape & have fun working core, upper and lower body. No prior experience necessary. All fitness levels welcome! Students are encouraged to bring gloves, some are available to borrow. 18+

Jan. 14 - Mar. 31 (no class Feb. 18, Mar. 24)

Thurs. 6:30 p.m. - 7:30 p.m.

Bearspaw School Gym

- 10 sessions \$150.00 + GST
- Jan. 18 - Mar. 30 (no class Feb 15, Mar 28)
- Mon. & Wed. 9:30 a.m. - 10:30 a.m.
- 9 sessions (Mon) \$135.00 + GST
- 11 sessions (Wed) \$165.00 + GST
- 20 sessions (Mon & Wed) \$285.00 + GST

Spring Forest Qigong: Qigong incorporates breath, simple movements, visualization, sound and mediation for overall well-being.

Jan. 11 - Mar. 21 (no class Feb. 15)

Mon. 10:00 a.m. – 11:00 a.m.

- 10 sessions \$90.00 + GST

Total Body Conditioning: This class uses resistance training principles, focusing on core strength, functional training, balance, flexibility and symmetry. This class is designed to burn calories and increase strength. Total Body Conditioning is a great workout for everyone. Modified exercises are offered.

Jan. 11 - Mar. 30. (No class Feb. 15, Mar. 25, Mar. 28)

Mon., Wed. & Fri. 8:45 a.m.– 9:45 a.m.

- 32 sessions \$341.00 + GST,
- 22 sessions \$242.00 + GST,
- 12 sessions \$132.00 + GST.

Yoga at Dusk: Do you have a busy schedule and can't fit exercise in during the day? Yoga at Dusk is a fantastic way to stretch and strengthen your body in the evening! Feel refreshed, relaxed and energized after this amazing Hatha Yoga class.

Jan. 12 - Mar. 29

Tue. 6:30 p.m. – 8:00 p.m.

- 12 sessions \$198.00 + GST.
- 5x punch pass \$105 + GST.

Zumba: This class fuses hypnotic Latin rhythms and easy to follow dance moves to create a workout unlike any other. The goal is simple: dance like nobody's watching and have more fun than you've ever experienced in a workout class! A great workout for all ages and fitness

Jan. 14 – Mar. 31

Thurs. 6:30 p.m. – 7:30 p.m.

- 12 sessions \$132 + GST
- 5x punch pass \$70 + GST

Youth

Birthday Parties at BLC: Looking for a place to host a Birthday Party? Our party packages start at \$150.00. Give Kim a call to check on availability at (403) 239-1502 ext: 100.

Bearspaw Indoor Soccer: The indoor program will run from Jan. 11 – Mar. 22.
No sessions: Feb. 15, Feb. 16
Practices will be held in Bearspaw School's gym.
253210 Bearspaw Road.

Bearspaw Lifestyle Centre Programs & Events

Please register online at
www.bearspawlc.ca. A valid BGCA
membership is required to
register for all programs



Development:

- U4: Tues. 6:15 p.m. – 7:00 p.m.
Jan. 12 – Mar. 22 \$100.00
- U6: Mon. 6:15 p.m. - 7:15 p.m.
Jan. 11 – Mar. 21 \$100.00
- U8/U10: Tues. 7:00 p.m. - 8:30 p.m.
Jan. 12 – Mar. 22 \$120.00
- U12/U14: Tues 7:00 pm - 8:30 pm
Jan. 12 - Mar. 22 \$120.00

Canadian Red Cross Babysitting: Canadian Red Cross Babysitting Certificate. The aim of this program is to enable self-assurance, knowledge and the skills necessary to carry out babysitting responsibilities. Please bring a lunch. Advance registration required. Register by January 11th. Only 15 spots available. Ages: 11+. Sat. Apr. 30 - 9:00 a.m. - 4:00 p.m.
• Cost: \$25.00.

Fitness 101: Dryland training specifically developed for soccer. Bring a water bottle, gym attire and indoor shoes. Ages: 13+
Wed. Jan. 13 - Mar. 2
Bearspaw School 6:00 p.m. - 8:00 p.m.
• 8 Sessions: \$100.00

Girls' Group: Creativity & confidence! Join us for a wide range of activities and projects designed to enhance self-esteem, self-expression, confidence and friendship skills, in a fun setting just for girls ages 9 – 12.
Tue. Jan. 12 – Mar. 29 (No class Feb. 16).
3:15 p.m. – 4:15 p.m.
• 11 sessions \$99.00.

Sportball: Sportball helps children develop socially as well as physically, through a curriculum designed to reinforce self-confidence free from the pressure of competition. Sportball provides the basic concepts and skill components of 8 popular sports. Programs are carefully designed to focus on the development of balance, strength, coordination, stamina and timing through professional instruction and positive encouragement, using child-sized equipment. Visit www.sportball.ca.

Floor Hockey - Just the Game

Thu. 3:15 p.m. – 4:15 p.m. (7 -12 yrs.)
• 9 sessions: \$126.00 - Jan. 14 - Mar. 17 (No class Feb. 18)

Sportball Birthday Parties: Rent a room at the Bearspaw Lifestyle Centre and give Sportball a call! Kids will enjoy a variety of sport supervised games in a safe, structured environment. Festivities will finish off with a traditional birthday celebration. Call 905-882-4473 or visit www.sportball.ca to arrange your child's party.

Sportball Sundays

Jan. 31 – Mar. 13 (no class Feb. 14)
• 6 weeks: \$114.00
9:00 a.m. – 9:45 a.m. Me and My Dad (2-3 yr)
9:45 a.m. – 10:45 a.m. Coach & Child Multi-Sport (3-5 yr)
10:45 a.m. – 11:45 a.m. Coach & Child Multi-Sport (5 -8 yr)

Young Rembrandts: A Different Kind of Learning. A Powerful Kind of Fun! We teach drawing with a see - touch - do method that all kids can succeed with, learn from and love! The secret to our success is that children ALREADY love to draw - we just take their love a little further, by giving them a solid foundation that will take their drawings from doodles to confidence-boosting achievements. During our once-a-week classes, we use an innovative step-by-step approach on drawing topics your kids can relate to and learn from. Watch your child reach a new level of potential with this engaging, award-winning program. 10 weeks.
Mondays Feb. 29 – May 16 (no class Mar. 26 & Apr. 11)
• Ages 6 - 12: 3:15 - 4:15 p.m. \$180.00

Parents & Kids

Wiggle & Giggle: A free drop in program offered by BLC in partnership with the Western Rocky View Parent Link Centre. Join us for active fun in the gym! A great way for tots to burn off some energy & for parents to meet others in the area. Please note: parents are required to attend with their children and be in the gym at all times.
Jan. 12 – Mar. 29 (No class Feb. 16).
Tue. 11:00 a.m. – 12:00 p.m.

Mother/Daughter Book Club: A unique opportunity for girls ages 9-12 and their moms to bond with the help of books! Each month, moms and daughters will both read the same books featuring strong female characters and at the meeting our facilitator will lead some fun activities and an open discussion about the important issues in the book. Meetings will be held the 3rd Thursday of each month at 7:15 p.m. There will be no cost for the program but registration will be required as space is limited.

Bearspaw Lifestyle Centre Programs & Events Events

Movie Matinee: The Good Dinosaur (PG)
What if the asteroid that forever changed life on Earth missed the planet completely and giant dinosaurs never became extinct? Pixar Animation Studios takes you on an epic journey into the world of dinosaurs where an Apatosaurus named Arlo makes an unlikely human friend, While traveling through a harsh and mysterious landscape, Arlo learns the power of confronting his fears and discovers what he is truly capable of.
Friday, February 5
2:15 p.m. – 4:15 p.m.
\$5 includes a pop & popcorn

Lunch & Learn: Fire Behavior and Prevention
Join Bearspaw Station 103 Firefighters for a continuation from our September 2015 Lunch and Learn discussion. Topics will include fire prevention, Fire Smart, and fire behaviour. Learn how fire acts differently today than it did 25 years ago.
Wed. Feb. 10
11:30 a.m. - 1:30 p.m.
• Cost: \$15.00



Bearspaw Historical Society News

The members of the Society thank all those who helped with the Four Schools Oral History project. Whether it was by participating in interviews as former students, making photographs available for us to scan, telling stories and all the many things that make the report so valuable.



We thank Elisa Hart for her excellent work in compiling a vast amount of information into a report that will be enjoyed for generations to come.

A copy of the report will always be available for viewing at the Bearspaw Historical School site, for those who are interested in learning about what it was like to go to school and live in Bearspaw in the mid 1900s.

Our Annual General Meeting will be held on Thursday March 17th at 4 p.m.

For information on the Society please call Louise McAuley at 403-208-4300. For rental information please call Lydia Gallagher at 587-436-9000.

Valentine's Gift

This gift idea for Valentine's Day comes from the heart, and will mean a lot to the lucky recipient.

Supplies

- Mason Jar
- Paper
- Pen

On each piece of paper, write down a reason why you love your special someone. You can place it in the jar folded in half, or get creative and fold it up like a heart.



Word Puzzles

- | | |
|---------------------------------|--------------------------|
| 1. NO NO
RIGHT | 5. <i>Play</i>
WORDS |
| 2. BBBB | 6. MONKEY
RUOY |
| 3. S XOT | 7. DR. DO |
| 4. CCCCCCCCCCCCCC | 8. BUkickT |

1. Right under the nose 2. Be-line 3. X marks the spot 4. High Seas 5. Play on words 6. Monkey on your back 7. Dr. Doolittle 8. A kick in the butt

Bearspaw School News

Thank You

Thank you to all the volunteers who came out to our events in January. We started 2016 off right with the bouncy castle reward day for our classes who sold the most magazine subscriptions. The top three classes were Mrs. Simpson, Mr. Jepson, and Miss Frass. There were also 25 individual students who sold more than 5 subscriptions each who were able to enjoy time with this fun reward.

Volunteer Opportunities

Bearspaw School has been awarded a casino on March 19th and 20th. The casino is the biggest fundraiser that the school participates in. By having a casino, we are able to eliminate many other smaller fundraisers. Last year our Casino raised \$76 467.39! That works out to \$2124.00 per shift and \$292.00 an hour! Not bad for a small donation of your time.

The money from the last casino was used for many things, below are just a few:

Gymnasium video projector, 3D printer/modules, 12 hokki stools, 15 iPad Mini's, Green screen, Clinician fees, Snare drum, Uniforms, French horn, Imagination playground, Repainting of lines for games, Robotics equipment, electronic kits, 10 MacBook Pro's.

The casino will be held at the Cowboys Casino and we will be working along side the casino staff in the positions of manager, banker, chip runners, cashiers and count room staff. You will receive free parking and a free meal. As well, you are encouraged to bring crafts, tablets, DVD's, marking/paper work, anything that you would like to do while you are not busy.

Please grab a friend or family member and help us fill the positions for the casino! If you have any questions please contact the volunteer coordinator at bearspawvolunteer@gmail.com. Thank you for taking the time to consider helping.

FBES Information

The prize winning portion of the magazine fundraiser has ended, however you can continue to help Bearspaw School all year long. Please help Bearspaw by entering the Online ordering code 3749983 at www.qsp.ca for new subscriptions and renewals all year long.

Please join us on February 9th, at the Bearspaw Lifestyle Centre at 9:00 a.m. if you would like to become a FBES volunteer.

Upcoming Council Meetings

Please feel free to attend our next school council meeting on Jan. 20th at 6:30 p.m. in the library.

Going forward, we will continue to learn and grow as a council working in conjunction with the administration of our school, to enrich and enhance our children's education experience.

Bearspaw Preschool News

Classes have been back in session for a month since the Christmas break and we are having an exciting start to 2016!

The kids are working on creating some wonderful winter themed crafts for the classroom and will enjoy a fun skating party at the Cochrane Spray Lakes Arenas on February 11th and 12th.

Pre-registration for the 2016/2017 school year for existing students began January 13th. Registration opened to the general public on January 27th and remains open throughout the year. Please visit the preschool website for more information or to register.

Bearspaw Preschool will be participating in the casino fundraiser on February 28th and 29th. This important event will raise valuable funds, which will greatly benefit the program for multiple years. If you are interested in helping out and can offer your assistance to volunteer in please contact bearspawpreschoolcasino@gmail.com. You do not need to have a child currently enrolled to volunteer.

For more information about Bearspaw Preschool and our programs please visit our website www.bearspawpreschool.com.

This Month in History

Feb. 13, 1988

The Winter Olympics began in Calgary, running until February 28. There were 57 nations competing and 1,423 athletes participated.



Councillors Report

Friends and Neighbors,

If I missed you in January, I wish to my very best regards for 2016. My calendar has been full with Council meetings and discussions with Bearspaw Glendale residents and I am very grateful to be serving our community.

The Community Association has some great energy and people working to maximize the quality of life for people living here. The board is working to recruit new members from across our division. Together I believe there are some new opportunities before us in 2016.

By the time you read this, I will have joined other volunteers serving at the Community Association Casino fundraiser. I'm on the late shift serving as the Casino General Manager (another first for me). I know it will be fun and will provide additional funds for the ongoing operation of the Bearspaw Lifestyle Centre. Thanks to all who served and contributed.

In order to represent our community well on Rocky View County Council, I am working to connect with

How to Make a Room Feel Brighter

Looking to lighten up a room that feels to dark? Here are some tips to bring more light to the area.

Reflective Items: By adding reflective items to rooms, such as mirrors, glass, shiny objects, you can help move and add light to a room.

Remove curtains: Window dressings can add "Weight" to a room, making it appear darker then it needs to be.

Check Your Light Bulbs: Make sure that your lights have the correct wattage, and all light bulbs are working well.



more people in our community and inform them of opportunities before us, and continue to bring our community's priorities to the Council.



If you would like to meet, please contact me directly or call Arianna at 403-520-1290 to schedule a time. Wednesday afternoons and evenings are best, or Saturday afternoon if weekdays are difficult for you. I will be available at the Historic Red Barn by the Historic School House across from the Lifestyle Centre. In addition, my e-newsletter (sign up for it), website (www.ericlowther.ca) and Facebook site provide communication opportunities.

Here is one current item of general interest for some in our community. With the road widening (shoulders) planned for the corner of Lochend Road (Hwy 766) and Twp road 262, County land will be taken to provide for the road enhancement. On that County land is a memorial stone and metal plate with the respectful honorary recognition of the early pioneers in the Bearspaw-Glendale Area. The memorial was put in place in 1967. It cannot stay where it is.

It seems right that we should respect the priorities of those who put the memorial there in the first and relocate it to another appropriate site. If you have knowledge or interest in this Memorial Stone monument please let me know or email municipallands@rockyview.ca. We will work to find the right home for it.

Contact me anytime at: elowther@rockyview.ca or call 403-815-4999.

*Best regards,
Eric Lowther Councillor – Rocky View.*

"Love is when the other person's happiness is more important than your own."

– H. Jackson Brown, Jr.

Top 14 Ways to Show Love in February !

Many families in our city have been affected by job loss this year. The holidays can be a stressful time as it often means big gifts, big parties, and huge expenses. This year, bring simple joy to the holidays by seeking ways to give, play, and love without the anxiety of huge January bills.

14. Serenade your family with a love song! If you don't sing that entirely well, it's okay, it's the thought that counts. Bad singing usually encourages laughter, and laughter is very healthy!
13. Adult kids... when was the last time you treated your parents, or an elderly aunt, uncle, or other senior family members to a very nice dinner out? The holidays were over a month ago and they may need a visit. Plan something special with them.
12. Buy flowers for someone. Anyone. Make an effort to brighten someone's day this month.
11. Write a beautifully long love letter to your sweetheart. Tell them about what you first found so attractive about him/her. Continue through your note with all the wonderful attributes that you admire, adore, and cherish about your special beloved. I can assure you, it'll do amazing things for your relationship!
10. Your cat and dog called me... they want you to give them a soft, new blanket for February.
9. Take your children out on a date, individually. Ask them where they would like to go, and plan a special day for each of your children this month.
8. Bake something heart-shaped. Seriously, it's such a February thing to do! And your kids will love eating it, and even helping you create it.
7. Take a batch of cookies or a box of chocolates to a senior in your neighborhood. And you could also have your teens shovel their walkway.
6. Buy your husband some socks with bold, red hearts on them. Men do enjoy crazy socks, and he'll be proud to wear them, thinking of you, on the 14th!
5. Do you have a list of chores for your kids / spouse to do each week? Why not surprise them by removing all the 'work' chores one week, and instead, add tasks like, "go to a movie", "have game night", "go for pizza", etc.
4. Go out for a dinner and a romantic movie with your significant other. Hold hands!
3. Take a week of from grumbling. All members of the family can get in on this. For one week, all grumblers must take a vacation!



2. Decorate your home with lots of red and hearts and flowers. We all have red things around the house, gather them together and brighten this short, but often chilly month, with something 'love'ly!
1. Support one of the local shelters; purpose to donate warm items like mittens, scarves, or socks. This time of year, these are always needed.

Larynda McKay

Did You Know... Facts about a Leap Year

February 2016 enjoys an extra day! February 29 is an unusual date. Here are some facts about a Leap Year that you may not know.

- A leap day is also called an, "intercalary day".
- Well, this interesting fact is hard to explain so I'll cite CNN directly "Occurs in every year that is divisible by four and only in century years that are evenly divided by 400. Ex. 800, 1200, 2000 were leap years...BUT 1700 and 1900 were not because they are not divisible by 400, even though they are divisible by four."
- In the United States, the Leap Year coincides with presidential election years.
- There is a tradition of women proposing marriage on a leap year. Funny story really... St. Bridget who lived in the 5th century apparently complained that women had to wait too long for suitors to propose. Mmmm, from my past experiences listening to many of my girlfriends over the years, this seems like a problem many women still think is an issue. Perhaps history could teach us a lesson ladies... propose to your beloved this year on February 29th!!
- Chances of being born on a leap day is 1,461.

Larynda McKay

February Is Heart Month

Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing can make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery. February is Heart Month - take the time to be heart safe and learn how you can reduce your risk.

Know the signs of a heart attack

(Any or all of these signs & symptoms may occur)

- Chest pain described as crushing, squeezing, pressure or chest heaviness;
- Pain that moves beyond the chest such as shoulder, arm, neck or jaw pain;
- Shortness of breath, sweating or nausea and vomiting.

Reduce your risk

Heart attack risk factors include:

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age / Gender
- Family history



Speak with your doctor about how to treat your modifiable(*) risk factors and learn to be heart safe.

What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death.
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG).
- Paramedics can also administer important medications in the early minutes of a heart attack to lessen heart damage.
- During transport, EMS will also share information with the hospital so definitive treatment can begin immediately on arrival.
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.

Alberta Health Services

Getting Enough Vitamin D This Winter

Alberta's winters are long, but the bright side is we get more sunny days year-round than most provinces. Our skin turns that sunlight into vitamin D, which protects our bones and teeth, prevents heart and lung disease, curbs appetite and boosts our immune system and mood, among others.

The best way to get it is spending time outside, but weak winter sunlight means our bodies can't make enough.

Getting enough vitamin D this winter can be as simple as adding a few other things to your routine:

- Eat foods naturally rich in vitamin D such as fatty fish and eggs
- Eat foods with added vitamin D such as milk, yogurt and cheese
- Take a supplement. People one to 70 years old can take a 400-IU supplement each day; people over 70 can take an 800 to 1,000-IU supplement each day.

For more information, visit www.MyHealth.Alberta.ca.

*Alberta Health Services,
reprinted from Apple magazine*



This Month in History

February 20, 1962

American astronaut John Glenn was the first person launched into space. He completed 3 orbits and the flight lasted just under 5 hours.



Aboriginal Adventures in Alberta

As you follow your guide along the trail at one of the many First Nations historical sites in Alberta, your mind leaps back across the centuries. Imagine soft deerskin moccasins on your feet. Hear the distant thunder of a passing bison herd, more than a million animals strong. Your heart thumps as the singers' voices and the beating drums call you to the centre of camp where the hunt is being organized.

Returning to the interpretive centre, you slowly drift back to the present. What to do next? So many choices:

- Learn how to make pemmican and sample freshly made bannock.
- Study the painted designs on the tipi you're about to sleep in.
- Take part in a powwow to sing, dance and honour the culture.

Here are some trails to follow.

Head-Smashed-In Buffalo Jump

This UNESCO World Heritage Site is one of the most well-known buffalo jumps in North America. Stand on the cliffs where First Nations drove the bison 18 m (59 ft) to their deaths in the valley below; a ritual repeated for at least 5,700 years. Feel the past come to life as the stories of the hunt are told in dance and song. Be here for live drumming and dancing every Wednesday in July and August.

Blackfoot Crossing Historical Park

Named for the underwater ridge spanning the Bow River that formed a natural crossing place, Blackfoot Crossing Historical Park celebrates millennia of the Blackfoot culture.

Things to do:

- Take a guided tour of the exhibit hall or walk the grassland trails with a Siksika interpreter.
- Find out what sweetgrass and kinnikinnik berries were used for.
- Make your own drum or make a necklace out of pony beads.
- Stay overnight at Chief Crowfoot Tipi Village.

Writing-On-Stone Provincial Park/Áísínai'pi National Historic Site

A place sacred to First Nations for thousands of years,



“ A place sacred to First Nations for thousands of years, the deep coulees of the Milk River valley provided natural protection from the weather and a safe haven for all First Nations who passed through here. ”

the deep coulees of the Milk River valley provided natural protection from the weather and a safe haven for all First Nations who passed through here. An interpreter will guide you on protected land where you can contemplate the largest concentration of rock art – carved petroglyphs and painted pictographs – in North America.

Book a spot in the park's campground. Settle in around a campfire for an authentic account of Blackfoot culture and history.

Métis Crossing

Dance the Red River jig at Canada's only interactive Métis historic village. View the historic displays. Wander the North Saskatchewan River valley with your guide and learn how farming, buffalo hunting and trading shaped the lives of the Métis who settled here.

Tipi Camping

There are lots of places around the province offering tipi camping:

- Blackfoot Crossing Historical Park
- Elk Island Retreat
- Entrance Ranch
- Head-Smashed-In Buffalo Jump
- Old Entrance B&B
- Sundance Lodges
- Waterton Lakes National Park

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Clean Eating for the Whole Family

How do you and your family eat healthy on-the-go? The trouble is that many popular grab-and-go snack foods contain a long list of added preservatives, artificial flavours, and genetically modified ingredients. To avoid these, nutrition experts recommend looking for foods made with whole, simple ingredients, no refined white sugar, and limited added salt – which can be tough to find and even tougher to get kids to eat.

Fortunately, there are dietitian approved options available, like raw nuts and dried fruit packs, hummus with veggies or crackers, popcorn with sea salt, or varieties of snack bars like Qi'a Superfood Bars with 5 grams of protein and 6 grams of fibre. “My four-year-old loves snacks in bar form,” says Desiree Nielsen, a registered dietitian. “We take Qi'a bars travelling or pack them as after school snacks.”



Alternatively, try making your own snacks like these easy five-ingredient Chocolate Energy Bites, naturally sweetened with whole dried dates and crunchy coconut granola.

Healthy Chocolate Energy Bites

Prep Time: 20 minutes

Total Time: 50 minutes

Makes: 18 portions

Ingredients:

- 2 cups Nature's Path Coconut Chia Granola
- 1 cup Medjool dates, pitted
- 1/3 cup unsweetened cocoa powder
- 3 tbsp coconut oil, melted
- 1/2 cup unsweetened desiccated coconut, toasted

Directions:

1. Add granola to food processor; pulse until coarsely ground. Transfer to bowl; set aside.
2. Add dates to food processor; purée until only small bits remain. Add ground granola, cocoa powder and coconut oil; pulse until combined. Return to bowl; stir in coconut.
3. Scoop mixture into 2 tablespoonful portions. Roll into balls.
4. Transfer to parchment paper-lined tray; refrigerate for 30 minutes or until firm.

Keep Your Healthy Eating Resolution Going With These Five Tips

We've all done it - start the New Year with the best intentions, only to abandon them in a few months. Maintaining a healthy diet is often at the top of many Canadians' resolution lists. In fact, the *Centrum National Supplements Survey* found that 67 per cent of Canadians say they've made changes to their diets to eat healthier in the last year.



Making your nutritional health a priority is a resolution worth keeping – and it can be easier than you think. Here are five tips from Theresa Albert, nutritional consultant and author of *Ace Your Health*, that you can start incorporating today, to maintain your healthy eating resolution all year long.

Go Raw

Incorporate raw vegetables each day along with your usual cooked favourites. Rotate colours to make sure you hit all of the phytonutrients.

Incorporate a Daily Multivitamin

Support filling in the gaps in your diet with a multivitamin, such as Centrum, to help get the nutrients that might be missing.

A Handful a Day

Nuts, seeds and beans contain many of the nutrients hard to obtain from fruits and vegetables like zinc, magnesium and vitamin E.

Make Each Mouthful Matter

Focus on nutrient-dense superfoods so that each mouthful matters. My favorites are: chia seeds, blueberries, Brussels sprouts, cranberries and eggs.

News Canada

DID YOU KNOW??

The coldest temperature in Canada was recorded at -63 Celsius in December 1947 in Snag, Yukon.





February 2016

Office Hours:
Monday to Friday 9:00 a.m. – 4:30 p.m.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Sportball Sundays (Me & My Dad, 2-3 yr): 9 – 9:45am Sportball Sundays (Coach & Child Multi-Sport, 3-5yr): 9:45 – 10:45am Sportball Sundays (Coach & Child Multi-Sport, 5-8yr): 10:45 – 11:45am	Total Body Conditioning: 8:45 – 9:45 am Kickboxing: 9:30am – 10:30 am Spring Forest Qigong: 10 a.m. – 11 a.m. Adult Badminton: 8pm – 11pm	55+ Core & More: 8:30 – 9:15 am Wiggle & Giggle: 11am – 12 pm Girls Group: 3:15pm – 4:15 pm Yoga at Dusk: 6:30 – 8 pm	Total Body Conditioning: 8:45 – 9:45 am Hatha Yoga: 9am – 10:30 am Kickboxing: 9:30am – 10:30 am Fitness 101: 6pm – 8pm Adult Badminton: 8pm – 11pm	55+ Core & More: 8:30 – 9:15 am Hatha Yoga: 9am – 10:30 am Sportball (Floor Hockey 7-12 Yrs): 3:15 – 4:15 pm Zumba: 6:30 – 7:30 pm Kickboxing: 6:30pm – 7:30 pm	Total Body Conditioning: 8:45 – 9:45 am Movie Matinee: The Good Dinosaur (PG) 2:15 pm – 4:15pm	6
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14	15	16	17	18	19	20
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Bears Paw Indoor Soccer Development <ul style="list-style-type: none"> • U4: Tues. 6:15 p.m. – 7:00 p.m. Jan. 12 – Mar. 22 \$100.00 • U6: Mon. 6:15 p.m. – 7:15 p.m. Jan. 11 – Mar. 21 \$100.00 • U8/U10: Tues. 7:00 p.m. – 8:30 p.m. Jan. 12 – Mar. 22 \$120.00 • U12/U14: Tues. 7:00 p.m. – 8:30 p.m. Jan. 12 – Mar. 22 \$120.00 						